



These activities encourage children to improve their beginning language, listening and grabbing skills.

## Repeat After Me

## Shake, Rattle and Roll

## What Is This?

### For Babies 4-6 Months Old



At 4 months, if your baby makes a sound, repeat it back. Smile and see if baby tries to make the same sound again. Your baby is learning how to talk!

At 4-6 months, play soft music. Shake a rattle (big enough so that it won't fit into baby's mouth) in time to the music. Sing to your baby—"Let's shake, shake, shake." Let your baby hold the rattle and play the music again. Help baby shake the rattle and say, "Let's shake, shake, shake." Remember, young babies only like to play games for a few minutes before they get tired.

When your child is sitting up or lying on her back, move a small, stuffed toy slowly from her left to her right. If she reaches for it, let her grab it. Tell her what it is and talk about what color it is.

### For Babies 7-8 Months Old



At 7-8 months, if your baby makes a sound that sounds like a name, such as "Dada," repeat it back. Point to Daddy and say, "There's Dada!" Or, if he isn't there, ask "Where is Dada? He's gone to work."

At 7-8 months, play music with a fast rhythm. Sing to your baby, "Let's shake, shake, shake." Shake the rattle in time to the music. Say, "We have to shake fast." Let the baby hold the rattle and help baby shake it fast. Then, play slow music. Say, slowly, "Oh, this is slow! Let's shake, shake, shake." Help your baby shake the rattle slowly.

Let your baby hold something such as a stuffed animal. Tell your baby about this toy. Ask some questions, such as, "Is your toy round like a ball? Is it soft and fuzzy? Is it brown?" If your baby tries to say something, smile and let baby have a turn. Some babies look at the toy and shake it, or try to put it in their mouths. That's how they learn about it.

## *Literacy and Language Development*

### *What your child is doing*

- Smiles when you talk to him
- Likes looking at pictures of faces
- Grabs and puts book in mouth
- Remembers melodies of songs
- Can see like an adult
- Tries to get you to play with him
- Develops more regular routines for eating and sleeping
- Copies actions such as waving “bye-bye” or shaking head “no”

### *What your child is saying and learning*

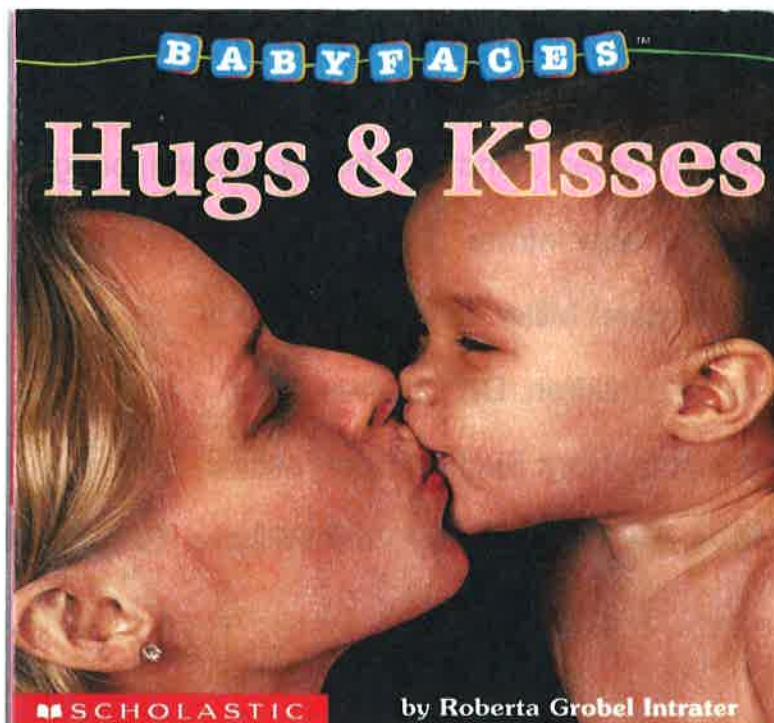
- Babbles and coos
- Tries to copy sounds she hears
- Likes hearing her name
- Begins to take turns in “conversations” with you
- Uses voice to express feelings, such as joy or anger
- Begins to make sounds that sound kind of like words, such as “ma”, “da”, “pa”

### *What you can do*

- Pay attention and imitate his babbling
- Talk back and forth with baby
- Play games such as peekaboo or pat-a-cake
- Point at and name things, such as “See the doggie?”
- Read books with pictures of smiling faces
- You don’t have to read the whole book. It’s okay to stop if your baby gets tired or fidgety and start again at another time. Keep trying to read to your baby every day



## Suggestions for Reading *Hugs & Kisses* to Babies



Read all or parts of the book to your baby. Here are some strategies for sharing *Hugs and Kisses*:

- **Hold baby close** to make sure baby can see the pictures. Hold the baby on your lap. It is a great way to build a warm bond between you and your baby.
- *Hugs and Kisses* has pictures of faces that babies like to see. **Point to the picture** and say, "Look, mommy is kissing baby's foot."
- **Copy the actions.** Kiss and hug your baby like the mothers do in the book.
- As babies get older, they love to turn pages. **Let baby turn pages.** Do not be surprised if your baby tries to chew on the book. This is normal for babies.
- Stop when the baby is tired or hungry. Go back to the book later.

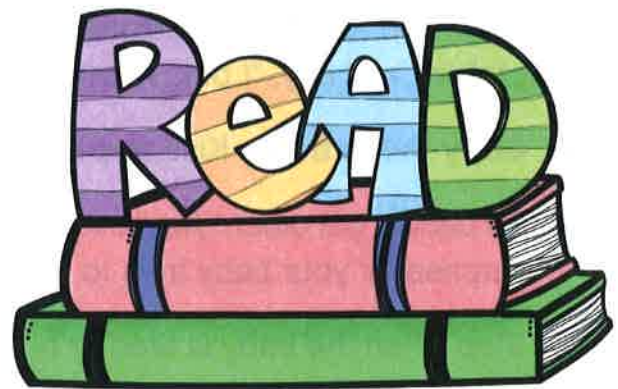
*Hugs and Kisses* is best for babies ages 4-8 months, but can be used for younger or older children as well.



## Other Books for This Age

Babies like looking at faces, especially faces of other children. Research has shown that an infant pays attention to human faces longer than anything else. Check out the books below for additional ways to stimulate your baby's interests in books.

- *American Babies* by Global Fund for Children. Charlesbridge, 2010
- *Smile!* by Roberta Grobel Intrater. Scholastic, 1997
- *Baby Faces* by Margaret Miller. Little Simon, 2009
- *All About Me* by DK Children. DK Children, 2008
- *How a Baby Grows* by Nora Buck. HarperFestival, 1998
- *More, More, More, Said the Baby* by Vera Williams. Greenwillow, 1990

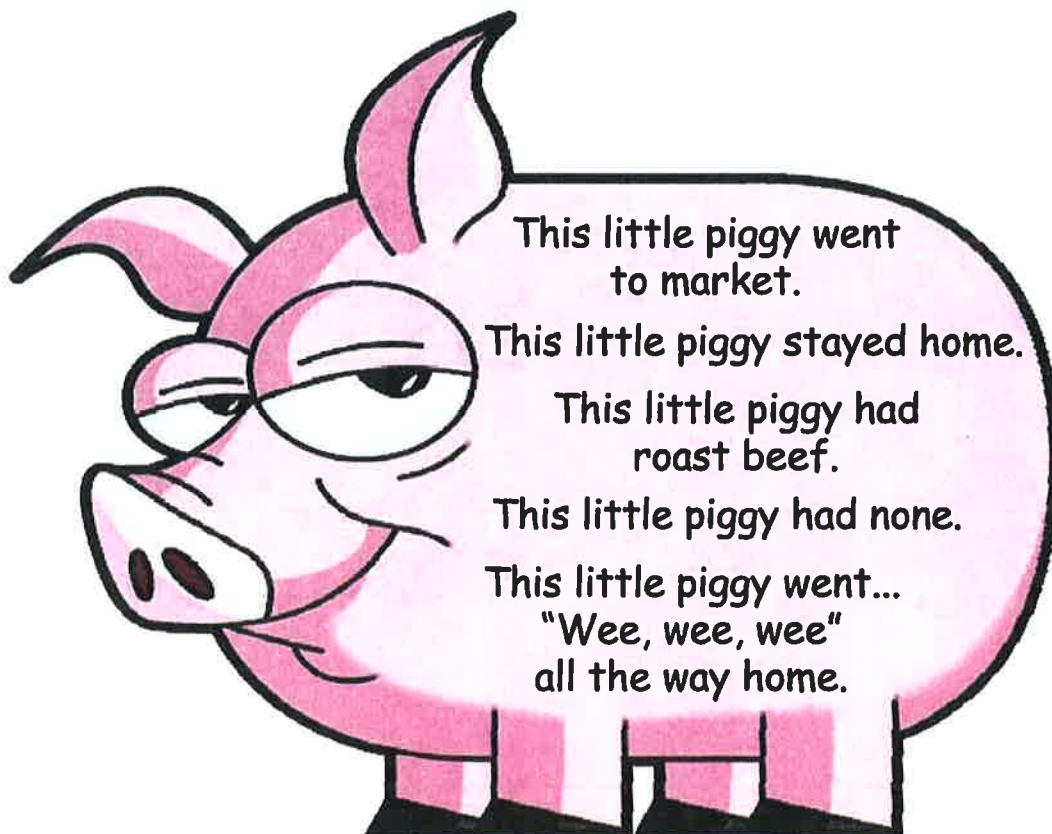


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(Start with the big toe and gently squeeze each toe as you say the rhyme.)



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